

Warrior Fatigue Management Strategies

Operational Sleep

Regularly: 7+hrs/night

Before Mission: 10hrs/night (Sleep Banking)*

During Mission: (See Reverse Side)

After Mission: 10 - 12hrs/night (Recovery)*

* As many days and hours as mission constraints allow.

Effective Strategies

Reverse PT Schedule: Maximize morning sleep by shifting PT hours

Split Sleep: 2-3 shorter sleep periods can be equivalent to 8 full hours of sleep

Sleep Optimization Tips For Garrison

Opportunity: Backward plan to build in time for sleep

Consistency: Keep a consistent sleep and wake time

Alcohol & Nicotine Intake: Avoid alcohol and nicotine, they interfere with effective sleep

Sleep Environment: Ensure a dark, cool, quiet space to sleep and avoid electronics 1 hour prior to bed

No Big Meals: A light snack before bed may help with sleep

Decompress: Take 20 minutes prior to bed to relax (such as deliberate breathing)



WRAIR

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Caffeine For Optimal Alertness

Sustained/Continuous Operations & Night Ops

- Caffeine can help promote alertness and performance
- Caffeine does not replace sleep

Dosing Schedule*

- Take 200mg of caffeine every 4hrs upon waking/start of shift
- Avoid caffeine 6hrs prior to bedtime, when possible
- For full effectiveness, save caffeine for operations

Common Sources

16oz Coffee
= ~150mg

16oz Energy Drink
= ~300mg

1 Piece of Energy
Gum = 100mg

Resources

sleep.bhsai.org can provide an optimal caffeine schedule for any operational scenario; p3.amedd.army.mil

Sleep Prioritization

High: Decision Making

Medium: Tedious/Hazardous Jobs

Low: Physically Demanding Jobs

Strategies During Sustained Operations

Tactical Naps: When possible; even 5 - 20 minute naps can help

Nappuccino: Take a short nap immediately after drinking a cup of coffee to reduce grogginess

Operational Sleep Environment: Place sleep area away from working area

- * Recommendations vary based on caffeine habits. Individuals who typically use high levels of caffeine may need up to 300mg whereas infrequent caffeine users may only need 100mg.